

♥ **Quit Smoking** – It's tough to quit. You have probably tried it before! But nicotine is a very addictive drug, and many people need outside help to quit. People in South Dakota can find this help through the toll-free South Dakota QuitLine. When you call the QuitLine, your personal counselor will help you make an individual plan for quitting and is always there for support. Call 1-866-SD-QUITS (1-866-737-8487) today!

Be A Quitter

1-866-SD-QUITS
(1-866-737-8487)



For more information on pre-diabetes or to learn more about diabetes and its complications, please contact your primary doctor, your local diabetes education program, or the South Dakota Department of Health. The SD Department of Health Diabetes Control Program can connect you with a primary doctor or education program in your community.

Control your
diabetes.
For Life.

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What is Pre-diabetes?



**SD Department of Health
Diabetes Prevention
& Control Program**
615 E. 4th Street
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1-800-738-2301

South Dakota QuitLine
1-866-SD-QUITS
1-866-737-8487

<http://diabetes.sd.us>

What is Pre-diabetes?

Pre-diabetes (also known as impaired glucose tolerance) is a condition where blood sugar levels are higher than normal, but not yet high enough to be diabetes. Pre-diabetes is a state between “normal” and “diabetes.” It can lead to diabetes if steps are not taken to change your lifestyle.

Am I at Risk for Pre-diabetes?

There are many risk factors for pre-diabetes. If you have any of these risk factors and ask your doctor about being tested.

- ♥ If you are overweight
- ♥ If you are normal weight and over age 45

Other Risks

If you have pre-diabetes, you are at high risk for developing type diabetes. Also, people with type 2 pre-diabetes have 1.5 times the risk of cardiovascular disease than those with normal glucose levels.

Testing for Pre-diabetes

Your doctor can check if you have pre-diabetes by testing your fasting blood sugar. Keep in mind that “fasting” means not having anything to eat or drink (except water) in the last 8 hours. These are the fasting blood sugar levels that determine your status.

Normal: Less than 100 mg/dl

Pre-diabetes: Between 100mg/dl and 125 mg/dl

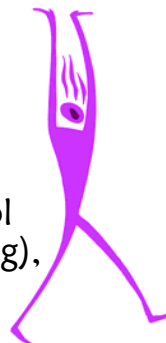
Diabetes: 126 mg/dl or greater

Your doctor can also check your non-fasting blood sugar levels by giving you a high glucose beverage to drink and testing two hours later. Pre-diabetes is diagnosed when the results of this test is greater than 140 but less than 199 mg/dl. A non-fasting glucose of 200 mg/dl or higher is considered diabetes.



What Can I Do To Prevent Pre-diabetes?

By making changes in your lifestyle, you can delay or even prevent type 2 diabetes. There are things we can control (exercise, eating habits, smoking), and things we cannot (race, ethnicity, age).



♥ **Exercise** – Do activities that you enjoy like biking, walking, gardening, or swimming.

The goal is to be physically active 30 minutes a day, 5 days a week. You can do 30 minutes at once, or split it up by doing 10 or 15 minutes at a time. If you start to get bored or lack motivation, try a new exercise or find a partner to exercise with (pets included!). The important thing is to BE ACTIVE!



♥ **Eat Healthy**- Try to follow the food guide pyramid and watch the portion sizes of foods you eat. Eat when you

are hungry and not when you are bored. Go to a dietitian for advice about a meal plan that works best for you and your family. If your goal is to lose weight, the slower you lose, the more likely you are to keep it off. Work with your doctor and your dietitian to help you set weight loss goals.

Control Blood Pressure and Cholesterol – Goals include:

Blood pressure
130/80 or lower,
LDL (bad)
cholesterol –
under 70 mg/dl
HDL (good) –
over 45 mg/dl
Triglycerides – under 150 mg/dl

